



Dear Clients and Members of Women's Health in Women's Hands CHC:

In light of COVID-19, Women's Health in Women's Hands CHC (WHIWH-CHC) is taking multiple steps to ensure the health and safety of its clients, volunteers and staff members. As we change our day-to-day operations, we kindly ask you to read through the below message as it contains new measures set in place to protect you.

WHIWH-CHC will be open from 9am to 5pm Monday to Friday and closed on Saturdays and Sundays until further notice. The Centre is providing essential primary care services on site when necessary as well as non-essential services by phone.

The Centre food bank will be open. Prepared hampers will be ready for pick up during designated food bank drop-in hours:

Tuesday: 2:00pm-4:00pm

Thursday: 10:00am – 12:00pm

What you should do if you are a registered client coming to the clinic:

- 1- Please call ahead and let us know if you are feeling any symptoms of COVID-19 such as fever/cough or shortness of breath, or if you have travelled outside of Canada in the last 2 weeks. Our medical team will speak with you by phone and help you determine the best care options. As a resource, you may use the online self-assessment tool: <https://www.ontario.ca/page/2019-novel-coronavirus-covid-19-self-assessment>
- 2- Please arrive a few minutes early for your appointment
- 3- Everyone entering the Centre will be screened for symptoms of COVID-19 and have their temperature checked. Our staff will be wearing personal protective equipment and will ask that you wear a mask if you have a cough and use hand sanitizer stations prior to entering the Centre

Social Distancing

Social distancing is a voluntary way to reduce contact between people when there is a chance of spreading contagious illnesses like COVID-19.

The fewer people you come into contact with, the better. Keeping your distance from others will help slow down the spread of COVID-19. This will make it easier for the health care system to treat those who are infected as well as all other Ontarians dealing with urgent health challenges that are not related COVID-19.



We have temporarily cancelled group activities to help promote social distancing. Please see below for a list of groups that have been cancelled:

- Women's Skills Development Group
- Collective Visions
- Stigma Reducing Intervention
- netWorking
- My Sister's Keeper
- Women 2 Women Circle
- Mindfully Muslim
- MBM: Tai Chi, Yoga, Dance, etc.

Stay informed

For COVID-19 concerns you can also call Toronto Public Health at (416) 338-7600 during business hours, or 311 after hours, or Telehealth Ontario at 1-866-797-0000 24 hours a day.

For online information please visit:

<https://www.ontario.ca/page/2019-novel-coronavirus> This website is updated twice daily and has useful information on how the Ministry of Health is preparing for COVID-19 in Ontario. It also provides COVID-19 information from around the world and useful advice on staying safe, travel, and safe isolation.

- Check our website for regular updates: www.whiwh.com
- Facebook: <https://www.facebook.com/whiwhchc/>
- Twitter: @whiwhchc
- Instagram: mentor.whiwh



WOMEN'S HEALTH
IN WOMEN'S HANDS
COMMUNITY HEALTH CENTRE

INCREASE • INNOVATE • IGNITE

2019 Novel Coronavirus (COVID-19) What you need to know to help you and your family stay healthy



Wash your hands with soap
and water thoroughly and often.

Cough and sneeze into your
sleeve or a tissue. Dispose of tissue
immediately and wash your hands.



Keep surfaces clean and disinfected.

Stay home when you are sick.



If you have symptoms, call Telehealth Ontario at:
1-866-797-0000
TTY: 1-866-797-0007
Or contact your public health unit.

For more information,
visit [Ontario.ca/coronavirus](https://www.ontario.ca/coronavirus)

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